

Ananta News

January 2009



Ah! New Year's Resolutions :)



It's that time of year again when we contemplate all the things we'd like to change about our lives. We make a grand list, and with the enthusiasm of a 4 year old on Christmas Eve, we vow that this year we will make a difference. This year we will accomplish A, B, or C.

Due to the stresses of an uncertain economy, many are responding from a place of fear. I invite you to not create your list of changes from this place. This economy has actually been a gift. One that has made us all re-evaluate what is truly important: Love of self and family, being of service to others, a home cooked meal, spending time with loved ones, a great conversation with a long time friend, handmade or homemade gifts.

When making your lists this year, remember to take into account the lessons we all learned over the past year. Approach the list with joy and gratitude, that you are here another day to make the changes you wish to make.

Happy New Year!

January 24, 2009 Grand Opening! 9am-4pm

Your Invited

Mark you calendars and plan to attend our official Grand Opening event.



Vendors	Yoga Workshops (\$30 ea)	Childbirth Education (\$60 ea.)
Pulse Readings	Sun Salutations 10-12	Breastfeeding Troubleshooting 9-12
Chair Massage	Beginners Yoga 1-3	The ABC's of Breastfeeding 1-4
Food	Free Give Aways	

Visit www.newbodyinc.org for instructor and educator bios.

NEWBODY INC.
 A GATHERING PLACE FOR MIND/BODY WELLNESS,
 FROM BIRTH TO BEYOND...

Featured Service

Hot Stone Massage

This amazing service utilizes heated basalt stones to melt tension and stress from aching and tired muscles. The stones are placed on key points of the body and used in conjunction with various massage techniques. This service has a deeply sedative effect on the body.



60 min. \$72.25

Save 15%

Featured Product

Muscle Rub

For use on tired, sore and strained muscles. Aids the circulation within the muscle to increase nutrients and eliminations of wastes to promote healing.

\$16.15

15% off 2 oz size

Introductory Offer

Is quitting smoking one of your New Year's goals? Utilizing various Hypnotherapy techniques, you can kick the habit, successfully, in 3-4 sessions.



50% off either package when purchased during January 2009

see [Services](#) page for package details



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